



Hot Dogs with Sriracha and Asian Slaw



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 Tbsp creamy peanut butter
- ☐ 6 Tbsp vegetable oil
- ☐ 1 teaspoon sesame oil dark toasted ()
- ☐ 4 Tbsp seasoned rice vinegar (if seasoned rice vinegar is not available, add a teaspoon of sugar to regular rice vinegar)
- ☐ 4 servings sprinkle of salt
- ☐ 4 servings sprinkle of sugar
- ☐ 4 cups cabbage green thinly sliced (Napa, , purple, or a combination)
- ☐ 0.8 cup carrots grated

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 green onions thinly sliced
- ☐ 2 Tbsp sesame seed toasted
- ☐ 4 hot dogs
- ☐ 4 buns
- ☐ 4 servings sriracha hot sauce
- ☐ 4 servings mustard chinese

Equipment

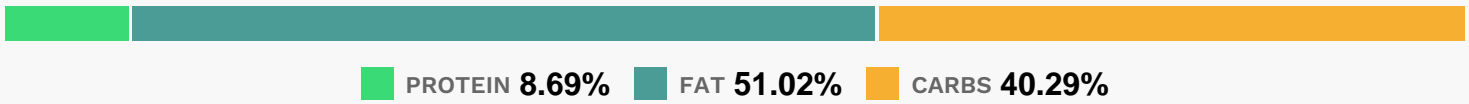
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ toaster

Directions

- ☐ Mix the peanut butter in a medium bowl with the vegetable oil and sesame oil until smooth.
- ☐ Whisk in the seasoned rice vinegar, then add salt and sugar to taste.
- ☐ Prep the cole slaw: In a large bowl, toss the sliced cabbage, grated carrots, cilantro, green onions and sesame seeds together. Don't mix in the dressing until you are ready to cook the hot dogs.
- ☐ To boil the hot dogs: put hot dogs in a saucepan and add enough water to cover them with an inch of water. Bring to a boil, reduce to a simmer and cook for a couple minutes. All you need to do is to heat the hot dogs thoroughly, because they are packaged already cooked.
- ☐ To grill the hot dogs: preheat heat your grill on high, direct heat. Right before placing the hot dogs on the grill, lower the heat to medium (if using a gas grill) and place the hot dogs perpendicular to the grates. If using a charcoal grill, sear the hot dogs first on the hot side of the grill to get grill marks, then move them to a less hot side of the grill. Turn the hot dogs occasionally so that all sides get cooked.
- ☐ To fry the hot dogs: score the hot dogs 3 times on each side, slicing about 1/4 inch deep.

- ☐
- Place a little vegetable oil in the fry pan, heat on medium high.
- ☐
- Add the hot dogs and cook, turning every minute, until lightly seared and cooked through.
- ☐
- Toast the buns: Toast the buns in a toaster or in the frying pan alongside the hot dogs or on the grill.
- ☐
- Serve: To serve, spread some Chinese mustard on the bun.
- ☐
- Put the hot dog in the bun, sprinkle with sriracha sauce, and top with coleslaw.

Nutrition Facts



Properties

Glycemic Index:114.23, Glycemic Load:35.87, Inflammation Score:-10, Nutrition Score:22.505652282549%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 605.62kcal (30.28%), Fat: 34.92g (53.72%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 62.03g (20.68%), Net Carbohydrates: 57.34g (20.85%), Sugar: 20.41g (22.68%), Cholesterol: 20.25mg (6.75%), Sodium: 900.89mg (39.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin K: 115.84µg (110.32%), Vitamin A: 4239.37IU (84.79%), Iron: 13.08mg (72.69%), Vitamin C: 29.14mg (35.32%), Selenium: 15.78µg (22.54%), Manganese: 0.41mg (20.31%), Fiber: 4.69g (18.75%), Folate: 71.25µg (17.81%), Vitamin E: 2.41mg (16.09%), Vitamin B1: 0.22mg (14.85%), Vitamin B3: 2.9mg (14.48%), Copper: 0.28mg (13.75%), Phosphorus: 122.83mg (12.28%), Vitamin B2: 0.2mg (11.83%), Magnesium: 44.3mg (11.08%), Calcium: 110.39mg (11.04%), Zinc: 1.62mg (10.79%), Vitamin B6: 0.21mg (10.32%), Potassium: 343.39mg (9.81%), Vitamin B5: 0.52mg (5.2%), Vitamin B12: 0.23µg (3.9%)